

The Great Body Shop

Focus Age Group: K-6th

Number of Lessons:

10 units with four lessons in each unit

Cost:

\$45.00-Teacher's Guide (per teacher)

\$5.50-Student Issues

Meets the Following State Standards:

See Attached Sheet

Objectives of Curriculum:

The program is a comprehensive health, substance abuse, and violence prevention curriculum emphasizing the developmental assets, protective factors, responsibility, reasoned decision-making, and promotes a strong self-image.

Curriculum Contents:

- Teacher's Guide
- Student Issues
- Parent Bulletin

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Developed by Maricopa County Tobacco Use Prevention Program (MACTUPP)



Maricopa County Tobacco Use Prevention Program

State of Arizona Content Standards

The Great Body Shop (Grade 4)

Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Let's Talk Teeth; Lesson 2: "Those Useful Teeth"	Comprehensive Health	Standard #1: Students comprehend concepts related to health promotion and disease prevention. Standard #6: Students demonstrate the ability to use goal setting and decision-making skills to enhance health.	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Describe ways to reduce risks related to adolescent health problems. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Explain how decisions regarding health behaviors have consequences for self and others.

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Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Let's Talk Teeth; Lesson 3: "Caring for Your Teeth"	Comprehensive Health	<p>Standard #1: See above</p> <p>Standard #2: Students demonstrate the ability to access accurate health information.</p> <p>Standard #3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p>Standard #6: See above</p> <p>Standard #7: Students demonstrate the ability to advocate for personal, family and community health.</p>	<p>Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both.</p> <p>Explain how decisions regarding health behaviors have consequences for self and others.</p> <p>Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.</p>

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Let's Talk Teeth; Lesson 4: "Teeth: Problems and Solutions"	Comprehensive Health	Standard #1: See above Standard #2: See above Standard #3: See above Standard #4: Students analyze the influence of culture, media, technology and other factors on health. Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Describe ways to reduce risks related to adolescent health problems. Obtain and utilize accurate health resources from home, school and community. Describe situations requiring professional health services. Identify emergency preparedness and emergency resources (e.g., first aid, CPR). Explain the importance of assuming responsibility for personal health behaviors. Perform basic safety, first aid, and life-saving techniques. Students analyze the influence of culture, media and technology and other factors on health. Explain how decisions regarding health behaviors have consequences for self and others.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
The Digestive System; Lesson 1: "The Digestive Process, What Helps and What Hurts"	Comprehensive Health	Standard #1: See above Standard #6: See above	<p>Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death.</p> <p>Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.</p> <p>Explain how environmental health and personal health are interrelated.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness.</p> <p>Explain how decisions regarding health behaviors have consequences for self and others.</p>

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
The Digestive System; Homework: "Healthful Meals Are Great For Teeth, Bones and Muscles"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness. Explain how decisions regarding health behaviors have consequences for self and others.
The Digestive System; Activity 1: "Take Control of Your Future Health"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness. Explain how decisions regarding health behaviors have consequences for self and others.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
The Digestive System; Activity 3: "Take Time Out"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how decisions regarding health behaviors have consequences for self and others.
No Smoking; Lesson 1: "How Smoking Harms the Body"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how decisions regarding health behaviors have consequences for self and others.
No Smoking; Activity 7: "You Decide!"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how decisions regarding health behaviors have consequences for self and others.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Be Cool, Keep Clean; Homework 2: "Responsibility Chart"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how decisions regarding health behaviors have consequences for self and others.
Be Cool, Keep Clean; Substance Abuse Prevention Portfolio: "Healthful Activities"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how decisions regarding health behaviors have consequences for self and others.
Be Cool, Keep Clean; Activity 7: "Disease Free Puppet Play"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how decisions regarding health behaviors have consequences for self and others.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Be Cool, Keep Clean; Lesson 1: "Hormones and Body Changes"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #5: Students demonstrate the ability to use interpersonal skills to enhance health.	Describe the interrelationship of mental, emotional, social and physical health during adolescence. Explain the importance of assuming responsibility for personal health behaviors. Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both. Demonstrate ways to communicate care, consideration and respect of self and others.
Exercise; Lesson 1: "Types of Exercise"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #6: See above	Describe the interrelationship of mental, emotional, social and physical health during adolescence. Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both. Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Exercise; Lesson 3: "The Benefits of Exercise"	Comprehensive Health	Standard #1: See above Standard #3: See above	Describe the interrelationship of mental, emotional, social and physical health during adolescence. Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both. Demonstrate strategies to manage stress.
Let's Talk Teeth; Lesson 1: "How Teeth Are Built"	Comprehensive Health	Standard #1: See above	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.
Your Incredible Hearing Machine; Lesson 1: "Sound and the Ear"	Comprehensive Health	Standard #1: See above Standard #7: See above	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Exercise; Lesson 2: "Exercises for the Whole Body"	Comprehensive Health	Standard #1: See above Standard #3: See above	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both.
The Digestive System; Lesson 4: "Becoming a Careful Consumer"	Comprehensive Health	Standard #1: See above Standard #2: See above	Describe how family and peers influence the health of adolescence. Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
No Smoking; Lesson 3: "Advertising and Other Influences on Your Behavior"	Comprehensive Health	Standard #1: See above Standard #2: See above Standard #4: See above	Describe how family and peers influence the health of adolescence. Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics). Explain how messages from media and other sources influence health behaviors.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Your Incredible Hearing Machine; Lesson 2: "Taking Care of Your Ears"	Comprehensive Health	Standard #1: See above Standard #3: See above	Describe how family and peers influence the health of adolescence. Describe ways to reduce risks related to adolescent health problems. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs).
Community Safety; Lesson 1: "Who Keeps Us Safe and How They Do It"	Comprehensive Health	Standard #1: See above	Explain how environmental health and personal health are interrelated.
Community Safety; Lesson 2: "How the Community Handles Conflict"	Comprehensive Health	Standard #1: See above	Explain how environmental health and personal health are interrelated.
Community Safety; Lesson; Lesson 4: "My Part in Keeping the Community Safe"	Comprehensive Health	Standard #1: See above	Explain how environmental health and personal health are interrelated.
No Smoking; Lesson 4: "Smoking and Your Community"	Comprehensive Health	Standard #1: See above	Explain how environmental health and personal health are interrelated.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
It's My Body; Lesson 1: "Taking Care of the Body"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #7: See above	Explain how environmental health and personal health are interrelated. Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs). Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.
Be Cool, Keep Clean; Lesson 3: "Illness Prevention and Good Hygiene"	Comprehensive Health	Standard #1: See above Standard #3: See above	Describe ways to reduce risks related to adolescent health problems. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Explain the importance of assuming responsibility for personal health behaviors.
Your Incredible Hearing Machine; Lesson 4: "Sound and the Environment"	Comprehensive Health	Standard #1: See above	Describe ways to reduce risks related to adolescent health problems.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
The Drug and Alcohol Test; Lesson 2: "The Pressure All Around"	Comprehensive Health	Standard #1: See above Standard #2: See above Standard #6: See above	Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics). Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
The Drug and Alcohol Test; Lesson 4: "How and Where to Find Help"	Comprehensive Health	Standard #2: See above Standard #3: See above Standard #7: See above	Obtain and utilize accurate health resources from home, school and community. Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs). Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making. Present information about health issues. Identify barriers to effective communication of information about health issues. Demonstrate the ability to support others in making positive health choices.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Let's Talk Teeth; Homework: "What to Buy and Why"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
The Digestive System; Activity 16: "Spotting the Ads"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
The Digestive System; Activity 17: "Create an Ad"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
No Smoking; Substance Abuse/Violence Prevention Portfolio pg 23	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
It's My Body; Activity 11: "Mood Music"	Comprehensive Health	Standard #2: See above Standard #4: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics). Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences.
It's My Body; Activity 17: "Watch a Movie or Read A Book"	Comprehensive Health	Standard #2: See above Standard #4: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics). Standard #4: Students analyze the influence of culture, media, technology and other factors on health.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
It's My Body; Activity 1 "Using the Telephone to Get Help"	Comprehensive Health	Standard #2: See above Standard #3: See above	Describe situations requiring professional health services. Identify emergency preparedness and emergency resources (e.g., first aid, CPR). Perform basic safety, first aid, and life-saving techniques.
Be Cool, Keep Clean!; Lesson 2: "What is Good Hygiene?"	Comprehensive Health	Standard #3: See above	Explain the importance of assuming responsibility for personal health behaviors. Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both.
Be Cool, Keep Clean!; Lesson 4: "Looking Good, Feeling Great"	Comprehensive Health	Standard #3: See above Standard #6: See above Standard #7: See above	Explain the importance of assuming responsibility for personal health behaviors. Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs). Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
The Digestive System; Lesson 2: "The Balancing Act—Calories and Nutrients"	Comprehensive Health	Standard #3: See above Standard #6: See above	Assess one's personal and family health to determine strengths and risks (e.g., heart disease, diabetes, high blood pressure) and to implement strategies to improve or maintain both. Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
No Smoking; Lesson 4 "Smoking and the Community"	Comprehensive Health	Standard #3: See above Standard #6: See above	Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs). Students demonstrate the ability to use goal setting and decision-making skills to enhance health.
The Drug and Alcohol Test; Lesson 1; "Drugs: What They Are and What They Do"	Comprehensive Health	Standard #3: See above	Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs).
All About AIDS; Lesson 1: "All About AIDS"	Comprehensive Health	Standard #3: See above Standard #6: See above	Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs). Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
It's My Body; Activity 5: "Jump Rope Raps"	Comprehensive Health	Standard #3: See above	Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations.
It's My Body; Activity 8: "Personal Safety Poster"	Comprehensive Health	Standard #3: See above	Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations.
It's My Body; Activity 9: "Neighborhood No-No's"	Comprehensive Health	Standard #3: See above	Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations.
It's My Body; Activity 10: "Personal Safety Game"	Comprehensive Health	Standard #3: See above	Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations.
Making My Own Decisions; Activity 16: "Violence Statistics"	Comprehensive Health	Standard #4: See above	Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences.
Be Cool, Keep Clean!; Substance Abuse/Violence Prevention Portfolio 1: "Avoid Emotional Outbursts"	Comprehensive Health	Standard #4: See above	Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences.
It's My Body; Lesson 3: "In Tune With Your Emotions"	Comprehensive Health	Standard #5: See above	Demonstrate ways to communicate care, consideration and respect of self and others. Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Community Safety: Lesson 2: "How the Community Handles Conflict"	Comprehensive Health	Standard #5: See above	Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health. Demonstrate techniques to manage conflict in healthy ways.
Community Safety: Activity 6: "TV Violence Mini-Survey"	Comprehensive Health	Standard #5: See above	Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.
Community Safety: Activity 8: "Newspaper Research"	Comprehensive Health	Standard #5: See above	Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.
Be Cool, Keep Clean!; Substance Abuse/Violence Prevention Portfolio 1: "Avoiding A Fight"	Comprehensive Health	Standard #5: See above	Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health. Demonstrate techniques to manage conflict in healthy ways.
It's My Body; Homework 3: "A Closer Look"	Comprehensive Health	Standard #5: See above	Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.
It's My Body; Substance Abuse/Violence Prevention Portfolio 3: "Falsely Accused"	Comprehensive Health	Standard #5: See above	Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health. Demonstrate techniques to manage conflict in healthy ways.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
It's My Body; Activity 15: "Create a Skit"	Comprehensive Health	Standard #5: See above	Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health. Demonstrate techniques to manage conflict in healthy ways.
Community Safety: Activity 5: "Playground Conflict"	Comprehensive Health	Standard #5: See above	Demonstrate techniques to manage conflict in healthy ways.
Community Safety: Activity 7: "Community Action"	Comprehensive Health	Standard #5: See above	Demonstrate techniques to manage conflict in healthy ways.
It's My Body; Substance Abuse/Violence Prevention Portfolio 2: "The Bully"	Comprehensive Health	Standard #5: See above	Demonstrate techniques to manage conflict in healthy ways.
Community Safety; Lesson 3: "When Violence Breaks Out"	Comprehensive Health	Standard #6: See above Standard #7: See above	Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making. Present information about health issues. Identify barriers to effective communication of information about health issues. Demonstrate the ability to support others in making positive health choices.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
It's My Body; Lesson 2: "Critical Thinking to the Rescue"	Comprehensive Health	Standard #6: See above	Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
The Drug and Alcohol Test; Lesson 3: "Making Smart Decisions"	Comprehensive Health	Standard #6: See above	Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
All About AIDS; Lesson 3 "Know Yourself and Your Friends"	Comprehensive Health	Standard #6: See above	Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
Community Safety; Lesson 4: My Part In Keeping the Community Safe	Comprehensive Health	Standard #6: See above	Explain how decisions regarding health behaviors have consequences for self and others.
All About AIDS; Lesson 2: "Transmission of HIV"	Comprehensive Health	Standard #7: See above	Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making. Present information about health issues. Demonstrate the ability to support others in making positive health choices.
Community Safety; Lesson 1: "Who Keeps Us Safe and How They Do It"	Comprehensive Health	Standard #7: See above	Identify barriers to effective communication of information about health issues.